CYBEX®

VR1 SELECTORIZED STRENGTH

SCIENCE that sculpts the HUMAN BODY

In your business, results matter. Members that get great results stay. Members that stay bring in new members. Cybex has drawn on its expertise in exercise science and sports medicine to develop a line of strength training equipment that delivers those results – the VR1 Strength Training Line. Every piece of VR1 is scientifically engineered to move the way the human body moves, and promotes correct alignment and proper body mechanics.

That's great news for members, but VR1 was also created with your needs in mind.

VR1 is value-engineered to provide a space-saving, elegant design that lets you offer a comprehensive strength conditioning system regardless of the size of your facility. Your members get a more effective workout, and you get a line of strength training machines that fits your facility's needs.

CYBEX

The unique pattern of motion in the VR1 Leg Press ensures that the direction of force is above the hip and below the knee for equal leverage and balanced contribution in producing the motion. This balance of force leads to optimal loading between hip and knee, minimizes joint stress, and maximizes the work done by the muscles. This contrasts most other leg presses which direct the force through the hip, virtually eliminating its contribution to hip extension and requiring high joint loading at the knee.

nothing less than 100% CYBEX

At other fitness companies, a lower price can mean an inferior product. That's not true at Cybex. When we decided to build an introductory line of strength equipment, we were committed to making it better than our competitors' highest priced lines – and we did. We built VR1.

VR1 is nothing less than 100% Cybex. This strength line is sized and priced to fit your facility's needs, and has all of the superior engineering, biomechanics, and performance characteristics you've come to expect from Cybex.

SLIMMED DOWN

1 CAPABILITIES THAT MAKE A BIG IMPRESSION, BUT LEAVE A SMALL FOOTPRINT

If you're concerned about space but still want to offer your clients superior total body strength conditioning, you need VR1 from Cybex. Each VR1 machine combines all the capabilities users want with a smaller footprint to help maximize your space. With VR1, all the best quality strength training equipment finally fits comfortably on your facility's floor.

HASSLE FREE

2 INTUITIVE ADJUSTMENTS PERFECTLY MATCH USER WITH MACHINE

The innovative design of the leg pad is just one example of VR1's intuitive adjustments. This leg pad adjustment allows positioning of the input pad that is virtually effortless.

MODERN ART

3 VR1'S SIMPLE ELEGANCE COMPLEMENTS AND ENHANCES YOUR FACILITY'S INTERIOR DESIGN

You've worked hard to build your facility's look and brand image, and we've designed VR1 with the same attention to detail. Every piece of VR1 is smooth and sleek, and has a subtle beauty that blends seamlessly with your interior design. This simple elegance, matched with an array of capabilities, makes VR1 the perfect combination of form and function in a strength training line.

features & benefits

A

Fully Enclosed Weight Stacks (A)

Enclosed weight stacks help shield bystanders and users from inadvertent contact with the moving weight stack, creating a safer workout environment. The fully enclosed stacks give a sleek appearance and comply with ASTM and EN standards.

Contoured Molded Pads (B)

Ergonomically contoured molded pads provide better support for a variety of movements, as well as a more contemporary overall look.

B

Instructional Guide (C)

High contrast three-color placards use straightforward language and pictures for easy-to-read instructions.

Variable Resistance

The resistance profile of each movement has been designed into the machine, assuring that the resistance provided mirrors the body's capability throughout the range of motion.

C

Striking Appearance (D)

Graceful curves and innovative use of materials combine for a heightened aesthetic in architecture and a dramatic presentation in your facility.

Integrated Guide Rod Lubrication

The Integrated Guide Rod Lubrication capabilities help reduce machine upkeep and keep weight stack operation smooth and quiet.

Engineered for Safety

The safety of every user is essential to our success and yours. The entire VR1 line was designed to comply with ASTM and EN standards.

D

Water Bottle and Towel Holder

VR1 has all the features your users need, plus two features they'll find especially convenient – an integrated water bottle and towel holder.

CHEST PRESS

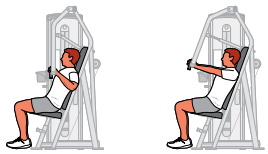
The overhead pivot provides a natural path of motion.

Dual grips provide a barbell grip to emphasize the chest, or a vertical grip to emphasize the anterior deltoid.

The barbell grips are angled to provide a neutral wrist position.

Seat adjusts to accommodate user height. Pressing arm adjusts for range of motion and user limb length.

Available with gas spring assisted seat.



OVERHEAD PRESS

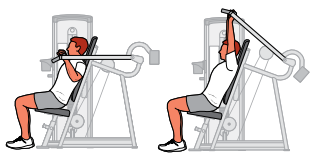
Counterbalanced input provides reduced takeoff weight for deconditioned users.

Dual grips provide a barbell grip as well as neutral grip favorable for individuals with compromised shoulders.

The grips are angled to provide a neutral wrist position.

Seat adjusts to accommodate user height and range of motion.

Available with gas spring assisted seat.



ROW/REAR DELTOID

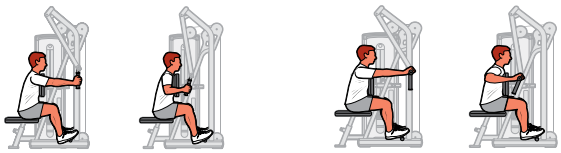
Overhead pivot closely matches path of motion for row and rear delt movements.

Dual hand grips provide vertical grips for rowing motion and horizontal hand grips for the rear delt motion.

Seat and chest pad adjust to accommodate users of varied height and limb length.

Forward foot brace aids user stabilization.

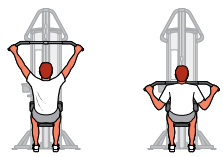
Available with gas spring assisted seat.



LAT PULL

Forward aligned pulley encourages correct form.

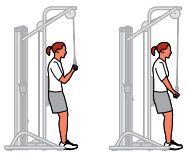
Adjustable thigh pads accommodate users of all sizes.



ARM EXTENSION

Intuitive pushdown positioning eliminates the need for adjustments or aligning with axis of rotation.

Back pad provides position reference and support.



ARM CURL

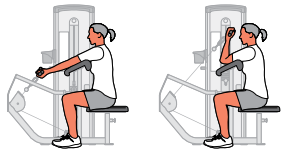
Intuitive design eliminates the need for aligning with axis of rotation.

Angled pad fully supports the upper arm to eliminate unwanted shoulder movement.

Seat height adjusts to accommodate user height.

Rotating cambered handle provides multiple grip positions.

Available with gas spring assisted seat.



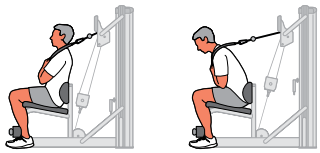
ABDOMINAL

Adjustment-free design fits all users with excellent positioning.

Contoured lumbar pad promotes training through a full range of motion.

Padded harness disperses input forces for comfort while aiding in isolating the abdominals.

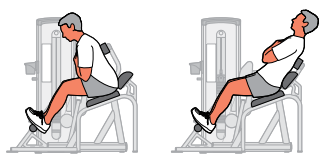
Available with optional increment weight.



BACK EXTENSION

Patent pending pelvic stabilization system utilizes adjustable foot brace allowing the user to “lock into” the hip pad causing hip extensor engagement for optimal pelvic stabilization.

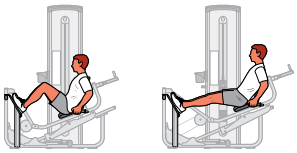
Contoured lumbar pad encourages comfortable spinal extension into hyperextension while isolating the spinal erectors from hip extensors.



LEG PRESS

The patented design of the articulating seat and back pad provides for more complete hip extension and gluteal involvement.

Seat bottom and back adjust for range of motion and to accommodate users of varied height.

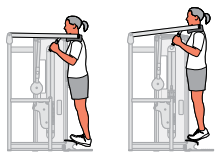


CALF

Large curved foot platform allows for varied foot placement while the non-slip surface provides grip and support during the motion.

The shoulder pads are angled to match natural angle of shoulder.

Input arm adjusts for height.



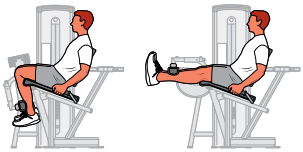
LEG EXTENSION

Floating leg pad positioning is instinctive for user and virtually effortless.

Offset input arm provides for leg pad positioning without affecting the starting angle of the knee.

Back pad is angled 100˚ from seat bottom to relieve hamstring tension.

Available with or without adjustable start position device.



SEATED LEG CURL

Leg pad positioning is instinctive for user and virtually effortless.

Leg pad adjusts with minimal effect on the starting angle of the knee.

Back pad is angled 100˚ from seat bottom to relieve hamstring tension.

Thigh stabilization pad provides significantly reduced shear at the knee as compared to other methods, resulting in less stress on the posterior cruciate ligament for a safer, more effective movement.

GLUTE

Wide arc curvilinear path encourages gluteal involvement without relying on axial alignment.

Adjustable abdominal support aids spinal alignment.

Optimized positioning minimizes set up.

Remotely located counterbalance provides an exceptionally small footprint.

Available with gas spring assisted abdominal support.

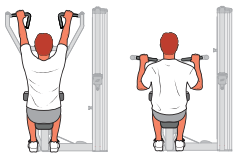
PULLDOWN

Barbell and neutral grips provide multiple grip choices.

Adjustable thigh pads accommodate a variety of user heights.

Machine defined path is ideal for beginners and use in express circuits.

Available with optional increment weight.



ARM CURL/Traditional

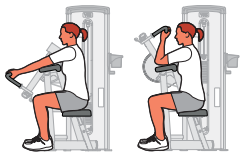
Input arm adjusts automatically to accommodate varying forearm lengths.

Hand grips are optimally positioned to minimize wrist stress.

Machine defined path is ideal for beginners and use in express circuits.

Optional gas spring seat assist.

Available with optional increment weight.



ARM EXT/Traditional

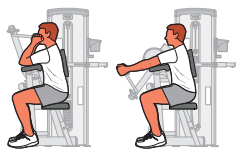
Input arm adjusts automatically to accommodate varying forearm lengths.

Adjustable, angled back pad provides for torso stability.

Machine defined path is ideal for beginners and use in express circuits.

Optional gas spring seat assist.

Available with optional increment weight.



VR1 DUALS

Premier Strength Equipment that's within your reach

The VR1 Duals are an extension of the VR1 selectorized line that further capitalizes on the compact footprint by utilizing multi-function mechanisms such as the Ab/Back Extension Dual. Building upon the VR1 platform provides exceptional flexibility for fitting a facility with the most effective and space efficient layout.

The VR1 Duals offer the same performance benefits found in all Cybex equipment. They support correct alignment and proper body mechanics.
In addition, their stylish design and affordability make them a great solution for any small footprint area.

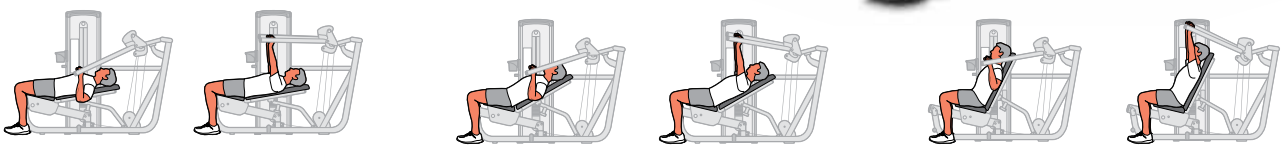
MULTI PRESS

Provides a Chest Press, Incline Press, and Overhead Press in a single package.

Seat assembly adjusts by a single knob to provide the three movements.

Pressing arm includes five start positions to accommodate movement and individual differences.

Grips are angled to ensure a comfortable neutral wrist position for each movement.

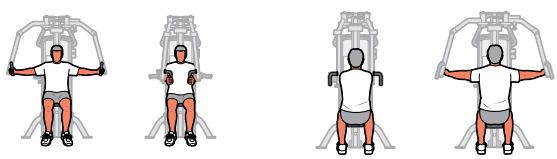


FLY/REAR DELT

Cybex uses independent movement to train each arm according to its need. By allowing the arms to move independently of each other, VR1 delivers the ability to balance the workout when one arm is weaker or injured. Independent movement encourages symmetrical strength development and also allows for bilateral reciprocal training.

Another automatic adjustment feature. The floating input arms automatically adjust to varying user arm lengths.

Horizontal and vertical handles provide for user variety. And they are positioned so that the seat does not have to be adjusted going from one grip to another.



AB/BACK EXTENSION

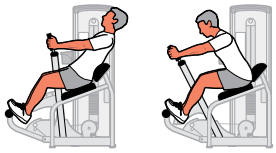
Patent pending pelvic stabilization with adjustable foot brace allows user to “lock into” the hip pad for optimal stabilization.

Isolates abdominal muscles and trains a more complete range of correct spinal flexion.

Hip pad includes a curved lumbar section to promote a full range of motion.

The complimentary motion is used in back extension. By pulling with the handles, the musculature of the upper back is also engaged promoting more complete involvement of the back extensors.

Adjustable start provides six starting positions.

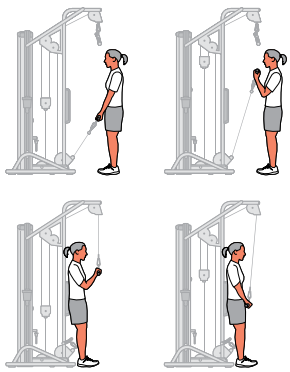


BICEPS/TRICEPS

Intuitive positioning eliminates the need for adjustments or aligning with axis of rotation.

Back pad provides positioning and stabilization when performing arm extensions.

The 2:1 reduction system provides for reduced weight stack inertia and natural feel without a floating feeling.

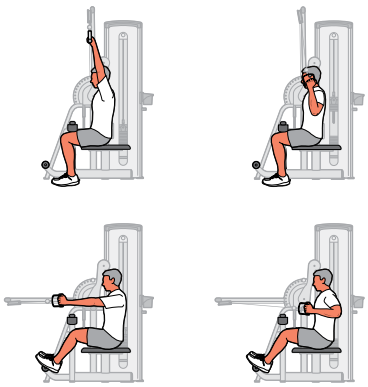


LAT/ROW

The unique rotating arm allows the handles to be positioned in any one of seven positions providing everything from a traditional Lat Pull to a Low Row.

The dual grips allow for independent exercise.

The foot support and adjustable thigh pad provide for stabilization during movements.



Low Row
The Low Row position provides for this traditional movement with the added benefit of independent motions for each arm. The foot bar and thigh pad provide for excellent stabilization.

Incline Pull
The Incline Pull is an excellent overall back movement. Since the user is not required to reach overhead it is an excellent substitute for the traditional Lat Pull for those with compromised shoulders. The inclined plane of motion also brings the rear deltoids into the movement.

Lat Pull
The Lat Pull provides the traditional movement with the ability to perform independent motions for each arm. With seven positions from Low Row to Lat Pull virtually any pulling movement is possible.

LEG EXT/LEG CURL

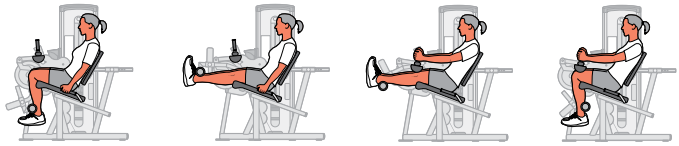
Provides the feel and positioning of the single station units in the duals format.

Adjustable start positioning accommodates for individual differences in extension and flexion for full range of motion.

Back pad is angled 100° from seat bottom to relieve hamstring tension.

Thigh stabilization pad for leg curl movement provides significantly reduced shear at the knee as compared to other methods resulting in less stress on the posterior cruciate ligament for a safer, more effective movement.

Adjustable tibia and back pad adjust to accommodate individual height differences.



HIP AB/AD

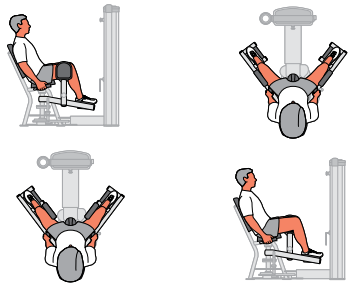
Both abduction and adduction in one machine – saves valuable floor space.

Patent pending “Slack Free Drive System” provides immediate engagement.

Adjustable start position accommodates individual range of motion preference.

Forward weight stack serves as a privacy shield.

Knee pads as inputs minimize knee stress and keep knees centered in the pad.



manufacturing EXCELLENCE

Cybex uses unique state-of-the-art manufacturing and testing methods along with the highest quality raw materials to deliver products that exceed industry standards.

Vertical Integration: Cybex controls the manufacturing process of our products from raw materials to shipment, allowing us greater control over the process. We are a multi-level vertically integrated manufacturer that utilizes the latest manufacturing technologies:

- Laser Cutting
- Pulse Robotic Welding
- CNC Custom Upholstery
- CMM (Coordinate Measurement Machine)
- Mandrel Bending
- Powder Coating
- Tube Laser Technology

Highest Quality Raw Materials: Cybex purchases steel and raw materials directly from the mills to support our own specifications and chemistry. This encourages the best grade and quality of materials to work with our internal manufacturing processes. The result is the highest levels of quality.

Progressive Build to Order Manufacturing Philosophy: Cybex's highly automated manufacturing techniques allow for the greatest control of quality, inventory and flow. This progressive philosophy gives Cybex industry-leading flexibility and the ability to exceed the quality, customization and lead-time demands of our customers.

Commitment to Quality: As evidence of its commitment to produce high quality products and to continually improve the customer experience, Cybex conforms to ISO 9001:2000 standards in its manufacturing, design and business processes.

Specifications

Product No.	Description	Length		Width		Height		Light Stack		Standard Stack		Machine Weight: Light		Machine Weight: Standard	
		IN	CM	IN	CM	IN	CM	LBS	KG	LBS	KG	LBS	KG	LBS	KG
Lower Body															
13040	Leg Press	62	158	38	95	77	195	200	91	295	134	510	232	605	275
13050	Leg Extension	54	138	41	105	62	157	150	68	220	100	459	209	529	240
13051	Leg Extension w/Start Adj	54	138	41	105	62	157	150	68	220	100	459	209	529	240
13060	Seated Leg Curl	67	169	40	100	62	157	100	45	145	66	434	197	479	218
13061	Seated Leg Curl w/Start Adj	67	169	40	100	62	157	100	45	145	66	434	197	479	218
13180	Hip Ab/Ad	62	157	24	62	62	157	100	45	145	66	415	189	460	209
13170	Glute	50	127	40	101	62	157	150	68	220	100	438	199	508	231
13120	Standing Calf	45	115	33	84	63	159	200	91	295	134	390	177	490	223
13260	Leg Extension/Leg Curl	66	168	41	104	62	157	100	45	145	66	392	178	437	199
Upper Body															
13000	Chest Press	35	89	52	132	68	174	150	68	220	100	384	175	454	206
13010	Overhead Press	57	146	51	129	62	157	130	59	190	86	406	185	466	212
13130	Lat Pull	60	153	43	110	89	226	150	68	220	100	427	194	497	226
13030	Row	46	116	47	119	76	193	150	68	220	100	423	192	493	224
13070	Arm Curl/Cable Based	54	138	39	100	62	157	100	45	145	66	299	136	344	156
13080	Arm Extension/Cable Based	45	114	43	110	89	226	100	45	145	66	331	150	376	171
13111	Fly/Rear Delt	55	141	50	127	74	188	150	68	220	100	426	194	496	225
13240	Multi-Press	78	198	51	130	62	157	150	68	220	100	412	187	482	219
13250	Lat/Row	73	185	50	127	83	211	150	68	220	100	426	194	496	225
13230	Biceps/Triceps	52	132	43	109	89	226	100	45	145	66	320	145	365	166
13075	Arm Curl/Traditional	50	127	42	107	62	157	100	45	145	66	329	150	374	170
13085	Arm Extension/Traditional	41	104	41	104	62	157	100	45	145	66	351	160	396	180
13135	Pulldown	64	163	64	163	77	196	150	68	220	100	485	220	555	252
Trunk and Torso															
13090	Abdominal	54	136	29	73	62	157	130	59	190	86	338	154	398	181
13100	Back Extension	59	151	41	104	62	157	130	59	190	86	415	189	475	216
13101	Back Extension w/Start Adj	59	151	41	104	62	157	130	59	190	86	415	189	475	216
13200	Ab/Back Extension	49	123	47	118	62	157	130	59	190	86	410	186	470	214

* Specification subject to change without notice.

VR1 customization

color & upholstery options*

- dove grey
- charcoal
- black
- burgundy
- navy
- hunter green
- grotto
- royal blue
- azure
- crocus
- cranberry
- american beauty red
- wheat
- suede

- black chrome
- platinum sparkle
- metaltone gold
- black texture
- white texture

* Upholstery color representation may vary in the printing process.

Gas Spring Assist can be added to select machines for added ease of use. These machines include:

Chest Press
Overhead Press
Row / Rear Deltoid
Arm Curl
Fly / Rear Delt
Glute

Weight Stacks are available in standard or light configurations.

Enclosed Increment Weight System provides pull button operation of a fully enclosed half weight.

Frame and Weight Guard Colors can be chosen separately to allow the facility a distinctive appearance with contrasting colors.

Two-Tone Upholstery is also available as an option to provide distinctive appearance.

Embroidered Wear Covers are also available to further promote your brand.

Shown with Black Chrome Frame and Platinum Sparkle Weight Guards, and optional two tone upholstery with Dove Gray Tops and Charcoal Sides.

START AT THE TOP
WITH VR1 FROM CYBEX

If everything you've read about VR1 leaves you thinking, "That doesn't sound like an introductory line" – you're right. Every piece of the VR1 line is 100% Cybex, value-engineered with a space-saving, elegant design to be just the right fit for your fitness facility – and your budget. Finally, you can offer your clients complete, total body strength training with an equipment line that outperforms many of the competition's premiere products – VR1 from Cybex.

Cybex products are designed and built in the USA

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